



BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA
HERE TO SERVE WITH CARE

HEALTH PROMOTION

May 2014

Heat Stress Summer Safety: 101 Critical Days of Summer



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Controlling Asthma

AAPs can help people with asthma live without limits!

By Lt. Joseph Lopreiato, Internal Medicine,
U.S. Naval Hospital Yokosuka

Asthma affects more than 25 million people in America and is one of the leading causes of childhood hospitalization.

One of the first steps-whether you have asthma or know someone who does-is to develop a written asthma action plan (AAP) in partnership with your healthcare provider.

When taken with these other actions, AAPs can help people with asthma live without limits.

- Follow-up with your asthma care provider to see if you have good lung function presently. This may involve repeat pulmonary function testing and/or peak flow rate determinations as well as a physical examination.
- Update your written asthma action plan (AAP). It should be reviewed and revised, if necessary, on an annual basis.
- If you are an older child or adult, ask your asthma provider whether a peak flow meter would be useful to have at home. Medical providers are better able to assist patients when they are able to provide peak flow rates at the time of an asthma flare-up.
- Review your indoor trigger factors (e.g., indoor mold, dust mite or pet dander) and determine whether more should be done to reduce exposure to them.
- If you have a home nebulizer unit, check the tubes and mask to see if they need replacement. Be sure also to check the expiration dates of your nebulizer medications. They may need to be refilled. You don't want to be worried about these matters at the time of an asthma flare-up!
- Use inhaled corticosteroids to control asthma if you have persistent asthma. Your doctor will help you choose the best treatment.
- Assess and monitor how well-controlled your asthma is at follow up visits. Your doctor may need to increase or decrease your medicines to keep asthma under control. Schedule follow-up visits at periodic intervals, and at least every six months.



Please contact your PCM (Primary Care Manager) for more information. Central Appointment line is at DSN 243-5352 / COMM 046-816-5352.



Heat Illness Prevention

What is heat illness and how do you prevent it?

By LCDR Te'Shara E. Felder, U.S. Naval Hospital Yokosuka, Preventive Medicine

Heat Illness is an umbrella term for a series of cumulative and progressing conditions that can occur as a result of prolonged exertion and exposure in hot environments. Heat illnesses can progress from a minor heat rash to more severe cases such as heat stroke, which can be fatal. It is important to know the signs of heat illness.

Figure 1 demonstrates potential progression of symptoms for heat illnesses. Factors that contribute to increased risk for heat illness include dehydration, lack of acclimatization, poor physical fitness, overweight, certain medications, supplement use, and chronic diseases such as diabetes and alcoholism.

Tips for prevention of Heat Illness:

- Figure 2 provides general recommendations for physical activity in hot environments.
- Hydrate with plenty of water.
- In severe heat illness case, a victim is unlikely able to care for himself. Use the buddy system during prolonged heat exertion so that emergency medical attention can be rendered immediately if someone starts experiencing symptoms of heat illness.
- Wear lightweight, light-colored, loose-fitting clothing.
- Supervisors must be aware of heat illness risk factors, exertions and exposure of employees, as well as means for preventing heat illnesses.
- Persons should consult their Primary Care Manager (PCM) with health concerns related to risk of heat illness.

Contact Preventive Medicine, NHYokosuka-PreventiveMedicine@med.navy.mil, or CFAY Safety Office at 243-7095 / 046-816-7095 for more information about heat stress.

Contact Health Promotion to arrange Heat Injury Prevention training for your command or unit, hp@med.navy.mil, or 243-9776 / 046-816-9776.

- Weakness or inability to work
- Muscle cramps
- Dizziness
- Headache
- Clumsiness
- Irritability



- Signs of ALOC: confusion, mumbling
Does not know who, where or when
- Core temperature of 105°
- Combative
- Passing out or unconscious
- Convulsions and chills
- Vomiting



Above 90

Black—Wet Bulb Globe Temperature (WBGT) index of 90° or above. All persons must suspend any physical training or exercise.

88 –89.9

Red—WBGT index of 88-89.9°. If you have not acclimated to such a hot climate, allow yourself 12 weeks to do so. Avoid strenuous exercise during this time.

85 –87.9

Yellow— WBGT index of 85-87.9°. Strenuous exercise must be curtailed if you are new and/or are not acclimated to this level of heat. At this level, allow yourself at least three weeks to acclimate.

80 –84.9

Green— WBGT index of 80-84.9°. Caution is required when planning heavy exercise if you have not acclimated to the area.

Less than 80

White— WBGT index of below 80°. Discretion should be used when planning extreme or intense physical exertion as this may precipitate a heat injury.



Avoid Insect Bites

Preventing the spread of vector-borne illnesses

By Centers for Disease Control and Prevention Traveler Health

A vector may be described as any agent that carries and transmits disease into another living organism. Insects such as mosquitoes, flies, sand flies, lice, fleas, ticks and mites form a major group of disease vectors. During the warmer months the climate becomes more desirable for the proliferation of such disease vectors. Though some diseases transmitted by these insects can be prevented by vaccine or medicine, many cannot and you should reduce your risk by taking steps to prevent insect bites.

- Use a repellent that contains 20% or more DEET for protection against ticks and mosquitoes. Products containing DEET include Off!, Cutter, Sawyer, and Ultrathon. Always follow product directions (if you are also using sunscreen, apply sunscreen first and insect repellent second).
- Help children apply insect repellent, making sure they avoid their eyes and mouth.
- For outdoor trips such as camping or hiking consider using permethrin treated gear (such as boots, pants, socks, bed nets and tents). However, make sure to not use permethrin directly on skin.
- Cover exposed skin by wearing long-sleeved shirts, long pants, and hats. Additionally to protect against tick bites tuck in shirts, tuck pants into socks, and wear closed shoes instead of sandals to prevent bites.
- Avoid wooded and brushy areas with high grass, brush, and leaves. Walk in the center of hiking trails.

PEARL HARBOR (May 6, 2010) Lt. Brian Heintschel, assigned to the entomology division of Navy Environmental and Preventive Medicine (NEPMU) 6 at Joint Base Pearl Harbor-Hickam, studies a sample of insects collected from ships and shore facilities. (U.S. Navy photo by Mass Communication Specialist 2nd Class Mark Logico/Released)



- If you are bitten by mosquito, avoid scratching, apply hydrocortisone cream or calamine lotion.
- If you suspect tick bite, check entire body, especially children (under arms, in and around ears, in belly button, behind knees, between your legs, around waist, and especially in hair). It may be helpful to use a hand-held or full-length mirror to view all parts of your body.
- Find and properly remove any ticks from body
- Bathe or shower as soon as possible after coming indoors.
- Also check your pets and belongings for ticks; Ticks can be on outdoor equipment and clothes
- Where possible avoid going out after dusk, which is prime time for mosquito activity.
- Make sure to drain any flower pots, bird baths, children's swimming pools, and other items that pool water so they're not breeding grounds for mosquitoes.

For more information contact Preventive Medicine, Epidemiology Clinic, 243-7625 / 046-816-7625. Or go to <http://wwwnc.cdc.gov/travel/>.



15 Minute Workout

The 5-4-3-2-1 Workout

5 Minutes

Any cardio you want.

Walk, run, elliptical, bike

If you're at home:

- 1 minute high knees
- 1 minute jumping jacks
- 1 minute front kicks
- 1 minute jumping jacks
- 1 minute run in place

4 Minutes

- 1 minute lunges or walking lunges
- 1 minute mountain climbers
- repeat for 4 minutes

3 Minutes

- 10 pushups/rest
- 15 tricep dips/rest
- repeat for 3 minutes

2 Minutes

- 30 seconds regular squats
- 30 seconds jump squats
- 30 seconds regular squats
- 30 seconds jump squats

1 Minute

- Plank

Total time 15 minutes;
intermediate repeat for x2
advanced repeat for x3

Drink plenty of water.
Take a water break whenever
you need it.



HN Daniel Sparks and HN Myka Franklin U.S. Naval Hospital Yokosuka Health Promotion technicians demonstrate planks during the 5-4-3-2-1 workout.



Yokosuka Safety, Health & Environmental Fair And Annual Summer Safety Stand Down

Prepare for the 101 Critical Days of Summer

**May 21 there will be a Safety Stand Down will be at the Benny Decker Theater from 0900-1500
and the Environmental Fair will be at the Red Brick Area from 1000-1400.**

Presenters include:

CRFJ Fire Department
Extinguisher Training

American Red Cross

Clear Vision

CFAY Chapel

CFAY DAPA

SRF Safety

Yokosuka MWR
Child Youth Programs
Bike/Auto Information
Fitness, Sailing and Aquatics

Japanese Police
(crash simulator)
Seatbelt Convincer



NAVSUP
Hazardous Materials & Wastes

CFAY Military and Family
Housing

CFAY Environmental & Energy
Conservation

Community Bank

Navy Federal Credit Union

CFAY Fleet and Family Support
Center

NEX

Motorcycle Simulators

Mt. Fuji Climbing Safety
Information

Food and drinks for sale by the Navy Ball Committee

For more information, contact CFAY Safety at 243-7095.



Upcoming ShipShape Course

ShipShape Weight Management Program

The next course begins May 28, 2014

Class option #1—Wednesdays 1100-1230

Class option #2—Wednesdays 1500-1630

8 week lifestyle change program that includes:

Nutrition Education

Strategies to Increase Exercise

Behavior Modification Skills

These courses are open to all TRICARE beneficiaries.

Contact Health Promotion to sign up for ShipShape today!

Health Promotion is located in the Fleet Rec Center, room 323.

243-9776/046-816-9776 or HP@med.navy.mil

ShipShape is an 8-week program that reflects the current state of knowledge on weight loss. It is specifically designed to provide our beneficiaries with basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a body weight that is within Navy Standards.

(photo right) HN Myka Franklin U.S. Naval Hospital Yokosuka Health Promotion technician explains the ShipShape program to a Sailor.





U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotion
HP@med.navy.mil

MAY 2014 Summer Safety: 101 Critical Days of Summer

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
				HFA 0800, 0830, 0900, 0930 & 1000		
4	5	6	7	8	9	10
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #1 1300-1400 HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		MOTHER'S DAY MUD RUN @ 1230 Ikego
11	12	13	14	15	16	17
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #2 1300-1400 HFA 1400-1430	HFA 0800, 0830, 0900, 0930 & 1000		NEX CUSTOMER APPRECIATION WEEKEND
18	19	20	21	22	23	24
NEX CUSTOMER APPRECIATION WEEKEND	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #3 1300-1400 SAFETY, HEALTH & ENVIRONMENTAL FAIR 1000-1400 Red Brick Area	HFA 0800, 0830, 0900, 0930 & 1000		
25	26	27	28	29	30	31
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	TOB CESS & PREV #4 1300-1400 SHIPSHAPE – Session 1 1100-1230 & 1500-1630	HFA 0800, 0830, 0900, 0930 & 1000		

USNH HEALTH PROMOTION
Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 / HP@med.navy.mil

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!



Health Promotion Services

Health Promotion Programs and Services

Eight week ShipShape Weight Management

Health Fitness Assessments

Four session Tobacco Cessation Classes

Preventive Health Education/Safety Stand Downs

For more information on any of the services Health Promotion provides, stop by the Health Promotion Office located on the third floor of the Fleet Rec Center in room 323 or call 243-9776 / 046-816-9776. You can also contact Health Promotion by email at HP@med.navy.mil

